SENIOR SERVICES WIC AND NUTRITION SERVICES WICH AND SERVICES				☐ 24 YEARS OR YOUNGER ☐ 25 YEARS OR OLDER ☐ PREGNANCY (TRIMESTER) ☐ 1ST ☐ 2ND ☐ 3RD ☐ BREASTFEEDING							
DADTICIDANT	DIET INTAKE FOR FEMALE	S (11+ YEARS)		TPARTUM		NA NAT			DATE		
PARTICIPANT	5 NAME	DATE		PROFES					DATE		
INSTRUCTIONS			☐ CPA	□RD							
	ds and beverages consumed in a typical day.		FOOD GROUP SUMMARY FRUITS & VEGETABLES								
	record amounts eaten. If you are uncertain about			ਲ				Oils			
Describe the form of each food: raw or cooked; and how prepared: fresh, canned or frozen; for baked, boiled or steamed.				Milk & Milk Products	& Cereal	၁	Dark Green		Other Fruits & Vegetables	Other Foods	
TO BE COMPLETED BY PARTICIPANT, GUARDIAN, OR HEALTH PROFESSION				& S duc	Bread &	amir ods	λ Ω	er F	≪	er F	
TIME	FOOD EATEN	AMOUNT EATEN	Meat & Meat Alternates	P S	Bre	Vitamin (Foods	Dar	0 5 √	Fats	de	
PRENATAL VITAMINS: YES NO SUMMARY: SVGS. EATEN											
IRON SUPPLEMENTS: YES NO SVGS. NEEDED PREGNANCY			3½	4	6	1	1	3	USE IN		
VITAMIN SUPPLEMENTS: YES NO BREAST TYPE:		BREASTFEEDING	3½	4	7	1	1	3	MODERATIO		
MINERAL SUPPLEMENTS: YES NO TYPE:		POSTPARTUM 24 YEARS OR YOUNGER	2½	4	6	1	1	3	RATIO		

HERBS OR HERBAL SUPPLEMENTS: ☐ YES ☐ NO

2½

6

1

1

3

FOOD GUIDE FOR WOMEN

	FOOD GOIDE FOR WOMEN									
NUTRIENTS PROVIDED	1 SERVING PORTIONS	NUTRIENTS PROVIDED	1 SERVING PORTIONS							
Protein, iron, riboflavin, niacin, vitamins B ₆ and B ₁₂ phosphorus and zinc	MEATS AND MEAT ALTERNATES Meat, fish, poultry or game, 2 oz. Canned tuna or salmon, ½ cup Eggs, 2 Liver, 2 oz. Hot dogs, 2 Luncheon meats, 2 oz.	Vitamin C Fresh, frozen or canned forms may be used, although the vitamin C content of canned products is lower. Some foods normally con-	VITAMIN C FOODS Juices: orange, grapefruit, ¼ cup; fruit juices enriched with vitamin C, ¾ cup Fruits: cantaloupe, ½ cup strawberries, ½ cup grapefruit, ½ tangerines, 2 small							
Protein, iron, thiamin, folate, zinc, phosphorus, magnesium, vitamins B ₆ and E	Peanut butter, 4 tbsp. Nuts, ½ cup Dried beans, peas or lentils cooked, 1 cup	sidered to be an excellent source may not be listed due to the large serving size required.	orange, 1 medium Vegetables: Broccoli, raw or cooked, ½ cup cauliflower, raw or cooked, ½ cup							
Calcium, vitamin D, riboflavin, protein, vita-	MILK AND MILK PRODUCTS Whole, 2% or skim, 1 cup Reconstituted nonfat dry or reconstituted		peppers, green or red, ½ cup tomatoes, 1 medium brussels sprouts, ½ cup							
mins A, E, B ₆ , & B ₁₂ and magnesium	evaporated milk, 1 cup Buttermilk, 1 cup Natural Cheese, 1½ oz. Cheese spread, 2 oz. Cottage cheese, creamed, 2 cup Cream soup made with milk, 1½ cups Ice cream, 1½ cups Pudding & custard made with milk, 1 cup	English or high course of	DARK GREEN							
For some people, milk and milk products serve as primary sources of protein in the diet.		Excellent or high source of folate. Also contains: vitamins A, E and B ₆ ; riboflavin, iron and magnesium	1 cup raw or / cup cooked; asparagus, brussels sprouts, greens, such as: spinach, beet, mustard, and turnip							
			OTHER FRUITS AND VEGETABLES							
	Yogurt, 1 cup	Vitamin A, E & B vitamins, magnesium and phosphorus	½ cup servings							
Thiamin, niacin, riboflavin, iron and phosphorus Whenever possible, choose whole grain items such as whole wheat	BREADS AND CEREALS Whole wheat and enriched bread, 1 slice Hot cereals, ½ cup Ready-to-eat cereals, ¾ cup Macaroni, noodles, spaghetti, cooked, ½ cup Rice cooked, ½ cup Cornbread, 1 piece (2"square) Roll, muffin, biscuit, 1 Crackers, 5 Tortillas, 1 Hamburger or hot dog bun, ½ Bagel or English Muffin, ½		includes all other fruits & vegetables The following are excellent sources of vita min A; carrots, pumpkin, sweet potatoes winter squash and greens.							
bread, oatmeal, shredded wheat, granola. These			FATS AND OILS - Use in moderation							
products provide more magnesium, zinc, fiber, folate and vitamins B ₆ and vitamin E.		Calories, essential fatty acids and vitamin E. Whenever possible, choose products made with corn, cottonseed, safflower, soy, sunflower oil or canola.	Margarine, butter, oil, 1 tsp. Salad dressings, cream cheese, 1 tbsp. Sour cream, heavy cream, 1 tbsp. Bacon, 1 slice Mayonnaise, 1 tsp. Gravy, 1 tbsp.							
			OTHER FOODS							
		High calorie, low nutrient containing foods	Sugars: cookies, cakes, pastries, jelly, candy, pop Salty: potato chips, corn chips, salt pork, pretzels, etc. be provided for each category. The plan can							

By eating the suggested number of servings listed on the front of the form, minimum caloric needs would be provided for each category. The plan can be adjusted to meet the caloric need variations of the individual. Additional calories can be provided by increasing the number of servings from any of the food groups, although extra servings from the bread, cereal and fruit/vegetable groups are recommended.

Comments:

It is recommended that alcoholic beverages not be consumed during pregnancy and lactation.

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